



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 19100, Candies, fudge, chocolate, prepared-from-recipe

Report Date: June 26, 2017 17:44 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	9.81	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Energy	kcal	411	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Energy	kJ	1719	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	2.39	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Total lipid (fat)	g	10.41	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Ash	g	0.70	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Carbohydrate, by difference	g	76.44	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Fiber, total dietary	g	1.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Sugars, total	g	73.12	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
<strong>Minerals</strong>													
Calcium, Ca	mg	49	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Iron, Fe	mg	1.77	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Magnesium, Mg	mg	36	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Phosphorus, P	mg	71	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Potassium, K	mg	134	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Sodium, Na	mg	45	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn	mg	1.11	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Copper, Cu	mg	0.329	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Manganese, Mn	mg	0.422	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Selenium, Se	µg	2.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Thiamin	mg	0.026	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Riboflavin	mg	0.085	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Niacin	mg	0.176	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Pantothenic acid	mg	0.140	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-6	mg	0.012	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Folate, total	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
Folate, food	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Folate, DFE	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Choline, total	mg	10.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-12	µg	0.09	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin A, RAE	µg	44	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Retinol	µg	43	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin A, IU	IU	159	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Lutein + zeaxanthin	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.18	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	1.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	6.448	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
4:0	g	0.187	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
6:0	g	0.125	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
8:0	g	0.084	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
10:0	g	0.152	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
12:0	g	0.155	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
13:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
14:0	g	0.474	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
16:0	g	2.703	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
17:0	g	0.038	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
18:0	g	2.459	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
20:0	g	0.063	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
22:0	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
24:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Fatty acids, total monounsaturated	g	2.943	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
14:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
15:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
16:1 undifferentiated	g	0.058	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
17:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
18:1 undifferentiated	g	2.882	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
20:1	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
24:1 c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Fatty acids, total polyunsaturated	g	0.373	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
18:2 undifferentiated	g	0.321	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
18:3 undifferentiated	g	0.052	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
20:2 n-6 c,c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
20:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
Fatty acids, total trans	g	0.165	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Cholesterol	mg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
<b>Amino Acids</b>													
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2007
Caffeine	mg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Theobromine	mg	130	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003